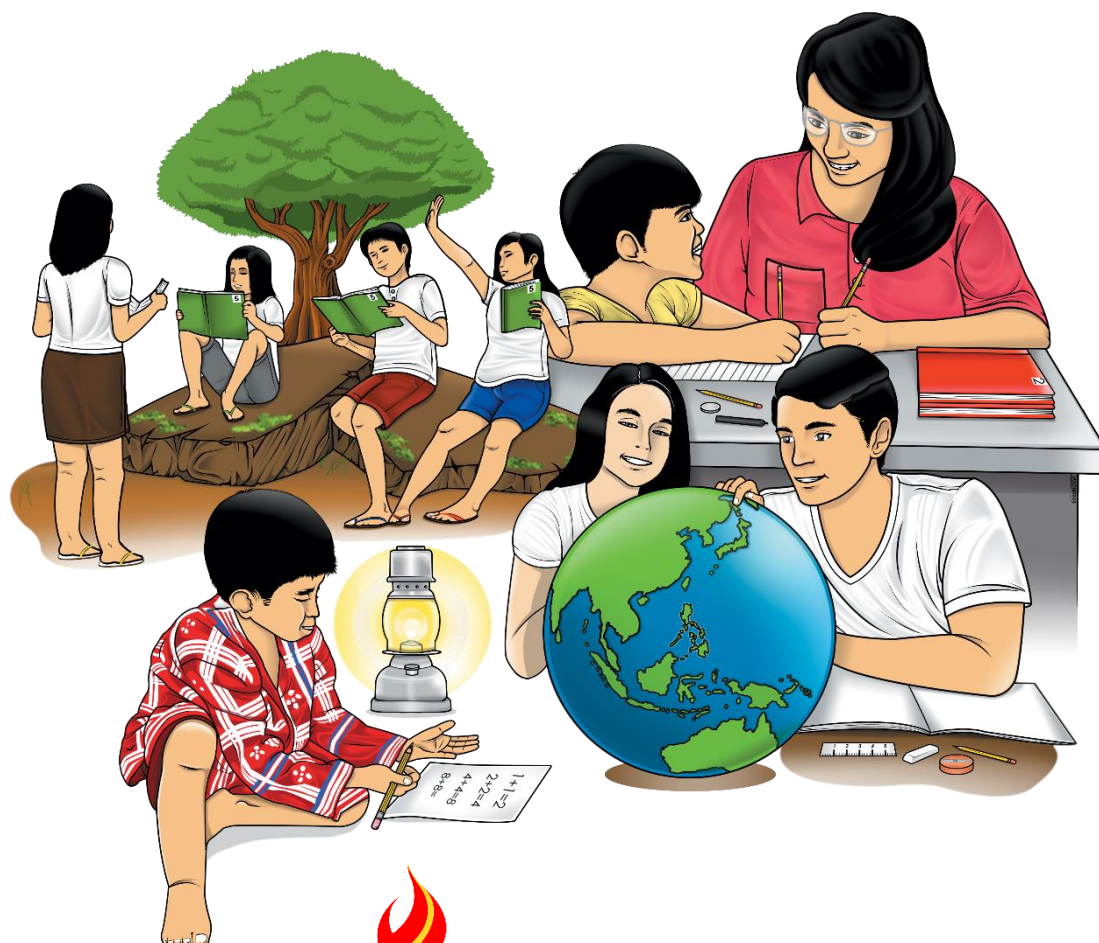


Health

Quarter 1 – Module 3: Changes that Happen to Adolescence



Health – Grade 7
Alternative Delivery Mode
Quarter 1 – Module 3: Changes that Happen to Adolescence
First Edition, 2020

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Published by the Department of Education
Secretary: Leonor Magtolis Briones
Undersecretary: Diosdado M. San Antonio

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Health

Quarter 1 – Module 3: Changes that Happen to Adolescence

Introductory Message

For the facilitator:

Welcome to the **Health Grade 7** Alternative Delivery Mode (ADM) Module on **Changes that Happen to Adolescence**.

This module was collaboratively designed, developed and reviewed by educators both from public and private institutions to assist you, the teacher or facilitator in helping the learners meet the standards set by the K to 12 Curriculum while overcoming their personal, social, and economic constraints in schooling.

This learning resource hopes to engage the learners into guided and independent learning activities at their own pace and time. Furthermore, this also aims to help learners acquire the needed 21st century skills while taking into consideration their needs and circumstances.

As a facilitator, you are expected to orient the learners on how to use this module. You also need to keep track of the learners' progress while allowing them to manage their own learning. Furthermore, you are expected to encourage and assist the learners as they do the tasks included in the module.

For the learner:

Welcome to the **Health 7** Alternative Delivery Mode (ADM) Module on **Changes that Happen to Adolescence**.

The hand is one of the most symbolized part of the human body. It is often used to depict skill, action and purpose. Through our hands we may learn, create and accomplish. Hence, the hand in this learning resource signifies that you as a learner is capable and empowered to successfully achieve the relevant competencies and skills at your own pace and time. Your academic success lies in your own hands!

This module was designed to provide you with fun and meaningful opportunities for guided and independent learning at your own pace and time. You will be enabled to process the contents of the learning resource while being an active learner.

This module has the following parts and corresponding icons:



What I Need to Know

This will give you an idea of the skills or competencies you are expected to learn in the module.



What I Know

This part includes an activity that aims to check what you already know about the lesson to take. If you get all the answers correct (100%), you may decide to skip this module.



What's In

This is a brief drill or review to help you link the current lesson with the previous one.



What's New

In this portion, the new lesson will be introduced to you in various ways such as a story, a song, a poem, a problem opener, an activity or a situation.



What is It

This section provides a brief discussion of the lesson. This aims to help you discover and understand new concepts and skills.



What's More

This comprises activities for independent practice to solidify your understanding and skills of the topic. You may check the answers to the exercises using the Answer Key at the end of the module.



What I Have Learned

This includes questions or blank sentence/paragraph to be filled in to process what you learned from the lesson.



What I Can Do

This section provides an activity which will help you transfer your new knowledge or skill into real life situations or concerns.



Assessment

This is a task which aims to evaluate your level of mastery in achieving the learning competency.



Additional Activities

In this portion, another activity will be given to you to enrich your knowledge or skill of the lesson learned. This also tends retention of learned concepts.



Answer Key

This contains answers to all activities in the module.

At the end of this module you will also find:

References

This is a list of all sources used in developing this module.

The following are some reminders in using this module:

1. Use the module with care. Do not put unnecessary mark/s on any part of the module. Use a separate sheet of paper in answering the exercises.
2. Don't forget to answer *What I Know* before moving on to the other activities included in the module.
3. Read the instruction carefully before doing each task.
4. Observe honesty and integrity in doing the tasks and checking your answers.
5. Finish the task at hand before proceeding to the next.
6. Return this module to your teacher/facilitator once you are through with it.

If you encounter any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator. Always bear in mind that you are not alone.

We hope that through this material, you will experience meaningful learning and gain deep understanding of the relevant competencies. You can do it!



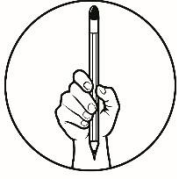
What I Need to Know

Hello learner. Are you healthy? How do you know if you are really healthy? A person needs to be healthy in order to function well in his everyday tasks.

In this module you will be given activities related to holistic health so that you will understand more of the changes happening to you as an adolescent.

After working on this module, you are expected to:

- recognize that changes in different dimensions are normal during adolescence.
- describe changes in different aspects of growth that happen to boys and girls during adolescence.



What I Know

Pre-Test

I. Multiple Choice

Directions: Write the letter of your chosen answer in your activity notebook.

1. What type of change in health dimension is happening when adolescents experience a change in their moods?
 - A. Emotional change
 - B. Social change
 - C. Physical change
 - D. Mental change
2. How can an unpleasant body odor due to active secretion of sweat glands be prevented?
 - A. Change clothes more often.
 - B. Shave the hair of the armpit.
 - C. Take a bath regularly.
 - D. Use perfume to hide odor.
3. Which of the following is NOT a physical change?
 - A. Muscles grow.
 - B. Hair grows in the underarm and pubic hair area.
 - C. The voice becomes deeper
 - D. Easily gets offended.
4. Which of the following is NOT a physical change?
 - A. Erratic emotions and behaviors.
 - B. Rapid increase in height and weight.
 - C. Active sweat and oil glands become more active.
 - D. Sudden increase in hormone production.
5. What skills will help you get along well with other people?
 - A. Coping skills
 - B. Decision making skills.
 - C. Problem solving skills.
 - D. Social and communication skills
6. What is the best way to improve your moral- spiritual well- being?
 - A. Choose friends who share the same interest with you.
 - B. Get adequate rest and sleep.
 - C. Show respect and affection for others.
 - D. Spend quality time with your family and friends.

7. In which dimension of holistic health does this belong when you go to church and attend mass with your family?
 - A. Physical
 - B. Mental
 - C. Emotional
 - D. Spiritual/ moral
8. Which of the following is NOT a social change?
 - A. Join dancing program with friends.
 - B. Keep a positive attitude.
 - C. Remain aware of your thoughts and feelings.
 - D. Accept your individual uniqueness.
9. Which signals the possibility of fertility among women?
 - A. Menarche
 - B. Ejaculation
 - C. Menstruation
 - D. Hormones
10. What period in life where a child develops into adulthood?
 - A. Puberty
 - B. Adolescence
 - C. Adulthood
 - D. Infancy

II. Identification

Directions: Identify whether the following statements refer to Social, Emotional, Physical, Moral/spiritual, or Mental change. Write your answer on the blank provided before each number.

1. They enjoy being with friends.
2. They are prone to participate in risky behavior.
3. They have postural changes.
4. They learn to question on what others will say.
5. They are more responsive towards stress.

Lesson**1****Changes that Happen to Adolescence**

Are changes normal? As an adolescent, you experience changes. In your everyday tasks you might encounter these changes, which are normal as you grow older. Understanding of this concept will help you cope in your daily task.

***What's In***

This task will assess what you have remembered from your previous module about human development. Are you ready working on it?

Crossword Puzzle

Encircle the group of letters to form a word related to HUMAN DEVELOPMENT. The letters are arranged vertically, horizontally, and diagonally. There are eight (8) words in the puzzle.

A	E	A	R	L	Y	C	H	I	L	D	H	O	O	D	A
D	A	D	A	K	D	F	D	N	A	D	E	A	L	A	S
H	S	U	L	L	H	J	E	F	H	O	L	S	O	M	C
L	Y	L	L	O	L	Q	M	A	O	L	D	U	P	E	H
L	L	T	O	O	O	U	J	N	P	L	L	K	Q	S	O
Y	A	H	D	P	R	E	S	C	H	O	O	L	R	V	O
B	B	O	O	P	J	I	G	Y	A	A	A	O	S	I	L
O	M	O	P	A	Y	O	U	N	G	A	D	U	L	T	A
E	A	D	M	N	C	L	A	P	A	E	U	J	U	L	G
I	I	T	A	N	N	M	L	W	K	O	B	S	V	T	E
J	O	O	A	L	A	A	R	M	O	L	D	A	G	E	H
M	N	M	N	O	E	O	E	A	D	I	L	N	N	A	S
N	N	M	R	P	O	P	P	O	J	A	A	E	P	R	J
I	E	A	U	A	D	O	L	E	S	C	E	N	C	E	K

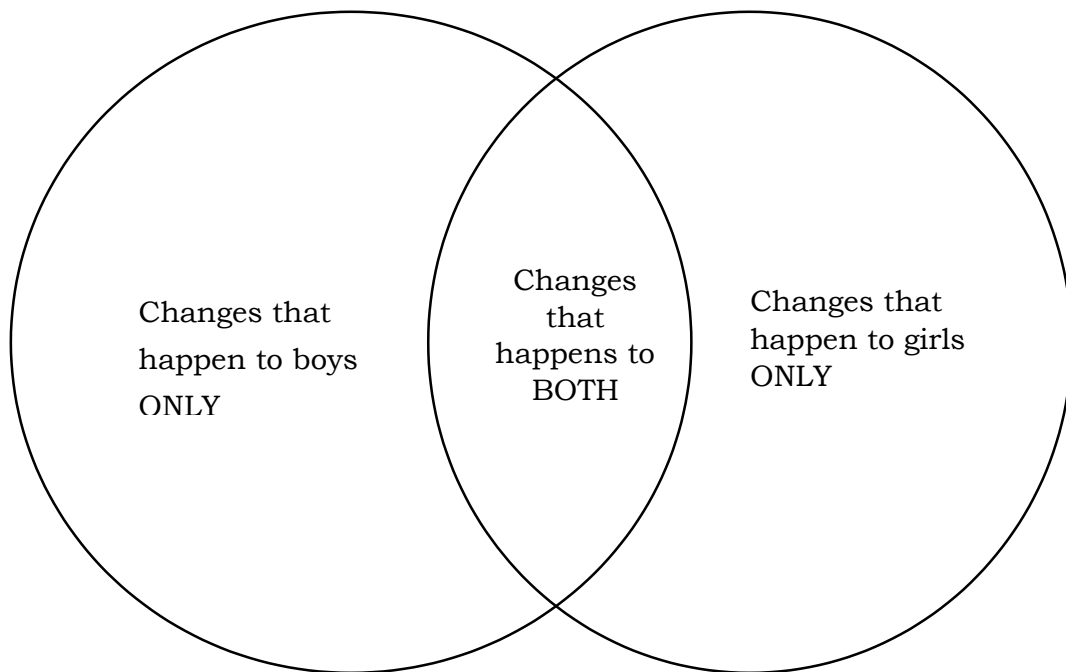


What's New

This activity shows that there are common and unique characteristics among boys and girls.

Is this me?

Write the changes that happen to boys on the left circle and changes that happen to girls on the right side. While on the center area of the circle, write the changes that may happen to both boys and girls. Choose your answer in the box below.



Hair grows on the genital region.

The voice becomes deeper.

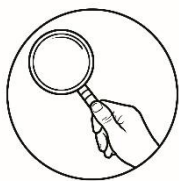
Breasts develop.

The hips become wider than the shoulders.

Muscles develop rapidly

The adam's apple becomes bigger.

Have you gotten it all right? If your answer is No, don't worry the next lesson will give you understanding of the changes that may happen to adolescents like you as you grow older.



What is It

Have you noticed that there are changes happening to you? Can you give some? Are these changes necessary as you grow? Read the following to understand more.

Reading is Learning

Adolescence comes with a fair share of changes. These transformations can be physical, mental, emotional, social, and moral-spiritual.

A. Physical Changes

The physical transformations observed during adolescence are, in most cases, the result of hormonal changes as the teenager's body is transformed from child to adult. This phase, called puberty, starts between the ages of 9 and 16 and usually ends between the ages of 18 and 22.

These are some of the general changes that happen to adolescent boys and girls during puberty.

- There is a rapid increase in height and weight. Boys experience this usually two years later than girls.
- Changes happen in the circulatory and respiratory system. The heart and lungs grow bigger and work better, although the increase is more in boys than in girls.
- In body composition, muscles develop rapidly, although boy's muscle grow faster than girls. Body fat increases, although the increase in girl's body fat is more than boys.
- The reproductive organ of both boys and girls grow and develop.

Primary sex characteristics are changes directly related to sexual reproduction. The reproductive organs of both boys and girls grow and develop. The boys experience their first release of seminal fluid or ejaculation from the penis. The girls experience menarche or the onset of menstruation which signals the possibility of fertility among women.

Secondary sex characteristics are changes not directly related to sexual reproduction.

Table 1. Changes that Happen to Adolescence

Boys	Common Changes	Girls
<ul style="list-style-type: none"> • The voice becomes deeper. • Adam's apple becomes bigger. The shoulder becomes wider than the hips. • The hair grows on the face and body. • The skin on the upper arms and thighs becomes rough. 	<ul style="list-style-type: none"> • There is rapid increase in height and weight. • The head, hands and feet grow faster first, then the arms and legs. • Muscles develop rapidly. • Hair grows on the genital region. • There is a rapid increase in hormone production. • The bones develop and becomes harder. • Sweat and oil glands become more active 	<ul style="list-style-type: none"> • Breasts develop. • The hips become wider than the shoulders. • The hair grows on the under arm.

B. Mental or Intellectual Changes

Studies have shown that the brain makes significant changes as a child grows through puberty into adulthood. As a child becomes teen, he or she is more able to think abstractly, and more importantly, more able to empathize with others. Here are some of the changes an adolescent might experience:

- Adolescents are egocentric. This means caring too much about yourself and not about other people. They argue to convince, exhibit independent and critical thought.
- Adolescents prefer active and cooperative learning activities over passive learning experiences.
- Adolescents enjoy learning skills to apply to real life problems and situations.
- Adolescents have a tendency to become bored with routine activities; they need to be challenged.
- Adolescents are capable of thinking critically helping them understand issues and concerns about their development.
- Adolescents think less of themselves, allows them to think and reason out better.
- Adolescents have the abilities to control and coordinate their thoughts with their actions and deeds.
- Adolescent students focus attention on what they want to listen to. They can also focus their attention on two or more things at the same time.

C. Emotional Changes

This is one of the important dimensions of health. This includes both positive and negative reactions as follows:

- Erratic emotions and behaviors, mood swings are mostly experienced and felt.
- Emotions that are frightening and poorly understood, often triggered by hormonal imbalance, may cause regression and more childish behavior patterns.
- As part of being moody and restless, they are introspective and often feel self-conscious, alienated, and lack of self-esteem.
- Adolescents are easily offended and sensitive to criticism, vulnerable to one-sided arguments and criticism
- Adolescents are being optimistic and hopeful, searching for adult identity and acceptance.
- Adolescents exaggerate simple occurrences and believe that personal issues are unique to themselves.
- Adolescents believe that nobody understands them, striving for a sense of individual uniqueness and search for their identity.
- Adolescents are more emotional and makes them open to being hurt or in danger.
- Boys are also sexually active: thus, they are prone to participate at risk behavior due to the sudden increase in the manufacture of hormones.
- Girls become self-conscious because of the changes that are happening to them, giving them a feeling of insecurity and discomfort.
- Early maturing boys are usually taller and stronger; they have good body image, so they are more confident, secure and independent.

D. Social Changes

Social wellness refers to your ability to interact with people, respect yourself and others, develop meaningful relationships and develop quality communication skills.

- The adolescent may act out unusual or drastic. At times, he/she may be aggressive, daring, boisterous and argumentative.
- Adolescents are being rebellious towards parents, but still strongly depend on parental values.
- Adolescents have negative interactions with peers, parents, and teachers may compromise ideals and commitments.
- Adolescents distrusts relationship with others who show lack of sensitivity to adolescent needs.
- Adolescents enjoy with friends, who share the same interests with them so they stay longer with them after school.
- Adolescents are confused and frightened by new school settings that are large and impersonal.
- Adolescents are loyal to peer values, sometimes cruel and insensitive to those outside the peers.

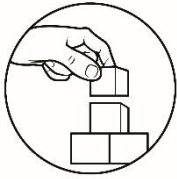
- Adolescents idolize peers and media role personalities as sources for standards of behavior, dress and style.

E. Moral- Spiritual Changes

Adolescents on this stage, analyze themselves and find out who they are. They explore moral and ethical issues.

- They explore and ask broad unanswerable questions about the meaning of life.
- They are reflective, introspective and analytical about their thoughts and feelings.
- They depend on influences of home and religious institutions for moral and ethical choices and behaviors.
- They analyze strengths and weaknesses to understand and accept themselves better.
- They learn house rules imposed by parents to promote order and harmony.
- They distinguish between rules that are negotiable and that are non-negotiable.

What did you feel after reading the information? Do these things happen to you? How did you handle your experiences? Did you learn from them?



What's More

Activity 1. Point Out!

Fill in the boxes with correct letters to complete the word being described. Some of the letters are done for you as clue.

P						
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1. It is a phase that starts between the ages of 9 and 16.

						Y
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2. It is a sex characteristic that has direct relation to sexual reproduction.

	E							
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3. It is a sex characteristic not directly related to sexual reproduction.

M							
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4. It is the first menstrual period.

A					S					
----------	--	--	--	--	----------	--	--	--	--	--

5. It starts with puberty.

Activity 1.2 Time to choose

Directions: Write TRUE if the statement is correct if not write FALSE. Write your answer on the space before each number.

- _____ 1. Adolescents are very self- conscious.
- _____ 2. Friendship during stage of puberty is important.
- _____ 3. Puberty is the result of hormonal changes.
- _____ 4. Secondary sex characteristics refer to the changes directly related to sexual reproduction.
- _____ 5. Changes during puberty period is normal.

Activity 1.3 Check it now!

Answer the following questions on your notebook in two sentences.

What are the transformations that happen to you on these changes?

- A. Physical change
- B. Emotional Change
- C. Social Change
- D. Moral/ Spiritual Change
- E. Mental/ Intellectual Change



What I Have Learned

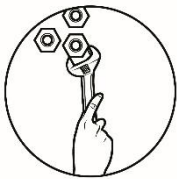
You are now to summarize your understanding about the changes that may happen as you go through the period of adolescence.

Fill me up

Fill in with the correct word or phrase to complete the thought of the paragraph.

Overall, good health and wellness are inter-dependent on five health dimensions. These are _____, _____, _____, _____, _____. These changes are normal part of growth.

These changes happen during _____. Health concerns or problems should be dealt properly to prevent _____ consequences.

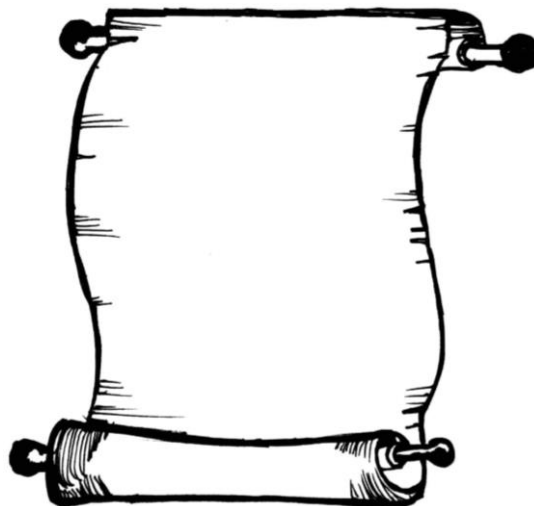


What I Can Do

You have already learned about the different changes that happens to an adolescent like you. Now it's time for you to deepen your understanding by making a diary. Ready? Try this now.

Dear Diary

Do you have a diary? Where you able to make one? Write in your diary the changes that you have observed as you enter the life of an adolescent.





Assessment

Pre-Test

I. Multiple Choice

Directions: Write the letter of your chosen answer in your activity notebook.

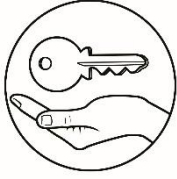
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2. They are prone to participate in risky behavior.
3. They have postural changes.
4. They learn to question on what others will say.
5. They are more responsive towards stress.



Answer Key

<p>What have I learned? Fill me up (In any order) Emotional Moral/Spiritual Mental Social Physical 6. Adolescence 7. Negative</p>	<p>What's In (Crossword Puzzle) Infancy Early childhood Pre school School Age Adolescence Young Adult Adulthood Old Age What's New (Is this me?) Changes that happen to boys 1. The voice becomes bigger 2. The adam's apple become bigger Changes that happen to girls 1. The hips become wider than the shoulders 2. Breasts develop Changes that is happening to Both 1. Hair grows on the genital area 2. Muscle develop rapidly</p>	<p>Pre- test/ Post test I. 1. A 2. C 3. D 4. A 5. D 6. A 7. D 8. D 9. A 10. B II 1. Social 2. Emotional 3. Physical 4. Social 5. Mental</p>
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